

Focus On...

Information about your Health from the Directorate of Primary Care Services, Ft. Gordon, Georgia

Athlete's Foot & Jock Itch

CPT Federico Hunt, PA-C

What are athlete's foot and jock itch?

Athlete's foot, or *Tinea pedis*, is a superficial fungal infection of the foot. Jock itch, or *Tinea cruris*, is the same type of infection occurring in the groin area.

What are the symptoms?

- redness
- itching
- scaling of the skin
- moist areas of the body, such as the web spaces between the toes, are also affected commonly



Who gets athlete's foot?

You don't need to be an athlete to get this rash. Anybody who perspires a lot, such as athletes, are more susceptible. Other risk factors include being obese, wearing tight-fitting clothes, and being male, since men tend to sweat more.

How does this infection occur?

The warm, moist areas of the body, such as the web spaces of the toes, the groin, and under the arms or breasts are the perfect environments for the *Tinea* fungus to grow. The infection causes a reaction on the surface of the body, leading to the redness, itching and pain.

How are athlete's foot or jock itch diagnosed?

Physical examination of the skin will demonstrate the classic appearance of this very common rash. Sometimes a gentle scraping of the rash surface is done to collect debris for examination under a microscope.

What is the treatment?

Anti-fungal medicine is the key to treatment. It may take several weeks to achieve a cure. The medicine is prescribed in a cream form, a spray, or even a powder. Any of these are effective.

For athlete's foot, you want to avoid wearing shoes as much as possible, to reduce the dryness of the foot. Baby powder can also help with this, as does changing your socks frequently. Go barefoot whenever possible. Wear only cotton socks, if you wear socks. Wash your feet at least once a day, especially between your toes.

For jock itch, you want to avoid wearing tight underwear or panties. Wear something that allows some air circulation into that area. If possible, wear nothing at all, or perhaps boxer-type underwear.

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Oral medicine, such as hydroxyzine (Atarax™) or Benadryl™ can help reduce the intensity of the itching. Remember that these can cause significant drowsiness. Oral steroid medications are not commonly used, but can also be used in severe cases to combat the symptoms for a short duration.

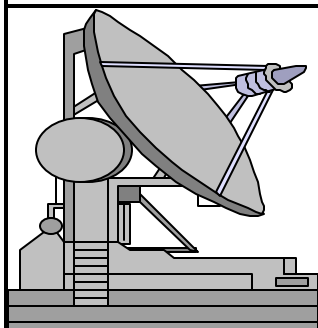
What can you do to help your rash go away?

Do not scratch the rash, as tempting as it may be. Scratching can lead to bacterial infection, which may be difficult to treat without leaving big scabs or even scars.

For what reasons should I follow-up, call the clinic, etc.?

If the rash continues to spread after two weeks of using the medication, you should call for further advice. It may be that the medicine you received is not strong enough for your particular case, and a stronger prescription will need to be written. Keep in mind that this will likely take a while to treat, so be patient.

Warning signs of a bacterial infection occurring are worsening redness, pain in the rash, pimples or boils in the rash area, and fever. You should come in for a follow-up visit promptly for these signs. Pain in the feet or swelling in that area should also be checked out in the clinic.



This Patient Information Handout is produced by the Directorate of Primary Care Services, Dwight D. Eisenhower Army Medical Center, Ft. Gordon, GA.

Information is current and correct at the time of the last revision. This information sheet is not intended to replace an evaluation by a competent medical provider, but rather to supplement the treatment plan outlined by the patient's health care provider. Moreover, much of the information is intended to be of a general nature and it cannot be assumed that such information will necessarily apply to specific individuals. Opinions and facts do not necessarily reflect that of the United States Government or its subordinate agencies.

Questions, comments and corrections should be forwarded to:

MAJ Niel A. Johnson, MD
Patient Information Sheet Editor
c/o Directorate of Primary Care Services
DDEAMC
Ft. Gordon, Georgia 30905

The Directorate of Primary Care Services

	<u>Hours</u>	<u>Appointments</u>	<u>Messages</u>
Connelly Signal Health Clinic	0600-1600*	787-7300	787-7360
Signal Health Care Clinic #4 (TMC #4)	0600-1600*	787-7300	787-7360
Main Family Practice Clinic	0600-2030	787-7300	787-7360
Internal Medicine Clinic	0800-1600*	787-7300	787-7360
Primary Care Clinic	0800-1600*	787-7300	787-7360

Medication Renewals 787-7360

Pharmacy Direct Refills 787-1710

Emergency Dept. Advice Line	787-5222/6727
Poison Control	1-800-282-5846
Outpatient Pharmacy	787-7010
Labor and Deliver @ MCG	721-2687
Emergency	dial 911
Information Desk @ EAMC	787-5811/4568
TriCare Information Hotline	1-800-333-5331

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Extended Hours Clinic is held at the Main FP Clinic, and is available for all the soldiers, retirees, and family members seen at any of the Directorate of Primary Care Clinics.